



Joliet Bicycle Club
Newsletter
November 2021



Joliet Bicycle Club

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Inside this issue:

Message from the President	2
Membership Corner	3
Tour de Force	4-7
Tech Corner “Cycling Software”	8-11
2021 Halloween Ride (Pub Roll)	12-15
In Memory of Steven Craig Miller	16-17
Photos submitted by membership	18-31
Ride Definitions / Rules / Etiquette	32
Club Information	33



Message from the President—Unedited

October 28, 2021

Hello fellow JBC members,

I am pleased to announce that we have 45 people for our JBC **banquet at Al's Steak House** on November 13, 2021.

I am very much looking forward to the evening of the 13th.

As I have written in the recent past, I will be stepping down as president of the greatest bike club around, JBC.

Over the last 3 years I have been humbled by the support I have received from our members. I will now and forever in the future call our members my JBC family.

I have been very fortunate to be surrounded by a great family at JBC and I will continue to be indebted to the club for all that it has done for me. I have received so much more than I could ever give back.

With Thanksgiving coming up I am especially giving thanks for my JBC family.

I leave the club board in outstanding, capable hands. Our new President Janae **Hunziker I'm sure will do a**

great job and assisted by our new Vice President Michelle Tymorek-Winters. Conrad Brower will continue as our treasurer and Al Rooker will continue as secretary.

With the colder temps on the **way I'm always reminded,** there is no bad weather for cycling, just bad clothes and **equipment that's not right for** winter riding. I remember my first year in JBC riding on my first winter ride. I nearly froze. I looked around and everyone I was with was having a great time and I was miserable. After the ride speaking to several members about winter clothing, I soon realized I needed to do a little shopping.

Our members are full of a wealth of knowledge and experience. You need to do no more **than ask and you'll get all** kinds of suggestions to keep warm and riding throughout the winter months. I am now a full-fledged winter rider.

There are days on the bike in the winter I get a special kind of feeling knowing that cold **weather doesn't hold me back** from enjoying the ride. There is a special solitude that I get from cycling in the winter. I could be riding in a large group and I still get that win-

ter solitude feeling. It comes from the visual beauty that winter has to offer. The rides that we are so familiar with in the summer take on a whole new look in the winter.

Back in September Shanon and I rode in the Tour De Force charity bike ride that supports families of fallen police officers. **I didn't have a** chance to get the photos to Shirl for the newsletter last month. Check out some pictures and a brief description of the ride in this newsletter. We are so proud to be participants in this great charity ride. This year we raised over \$650,000. Many families will sleep a little easier because of your donations.

I look forward to seeing you at the banquet.

Rob Weiss

Rob Weiss, President, JBC



Membership Corner

By Steve Geary



2022 membership renewals started on October 1, 2021.

Please refer to the [JBC Website](#) to complete the application and to keep up to date on rides with the [Ride List](#).

2021 Memberships are current until December 31, 2021. In order to maintain a seamless membership transition, please complete the 2022 membership application by December 31, 2021.

Welcome to new member Jack Kester.



Please note any items that are underscored in this newsletter are clickable links. You may have to use CTRL and Click the Link depending on your computer.

2021 TOUR DE FORCE RIDE BOSTON TO NEW YORK

Submitted by: Rob Weiss

This years ride started in Boston, Mass in front of Fenway Park, home of the Boston Red Sox. We had a police escort out of downtown Boston.



We rode from Boston to Warwick RI 81 miles.

Day 2 was a 79 mile ride to Mashantucket, CT. We stayed at the Foxwoods Resort.



From Foxwoods resort we took a bus to a ferry to go across the Long Island Sound from New London, CT. to Orient Point, NY.



We rode through Long Island 75 miles to Melville, NY. Long Island is beautiful along the sea shore and many vineyards and some great golf courses.

Beautiful riding partner as well.



We ended the last day with a 50 mile ride into downtown Manhattan. We had police escort the last 20 miles.



This is one of our teammates Vlad Espinal. One of New York's finest detectives. I've been riding this ride with him for the last 7 years.

Some of you may recognize JBC member Bert Travis, He's riding with his friend Liam who will hopefully become a JBC member soon.

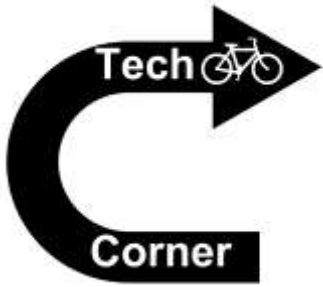


Saying a prayer for the 9/11 victims as we ride through Manhattan.



So Long Everybody, until next years Tour De Force in Buffalo, NY.





Cycling Software

By Steve Geary & Bikeradar

The best cycling apps will help you plan a route, train effectively, fix your bike, and much more. There's no shortage of apps aimed at cyclists, with many more being released all the time, so sometimes it can be difficult to sort the wheat from the chaff.

For some apps – Google Maps, for instance – you need to have your device on the handlebar to take full advantage. For others, such as Strava, you can just hit start, put your phone in your jersey pocket or in a [bike phone holder](#), and go.

What's more, with Bluetooth accessories, such as [heart-rate monitors](#), speed sensors and [power meters](#) becoming more common, you can get your smartphone's Bluetooth connection and processor to do the work that used to require a separate computer and, not so long ago, wires.

Some of the apps featured here are free, some are not, and some are free up front with an option to buy or subscribe for more bells and whistles.

Fair warning: any GPS cycling app will tax your phone's battery, so these are generally better suited to shorter rides unless you're able to charge on the go.

We've also included a couple of our favorite mobile-friendly websites here, and, if you're looking for a specific rundown for the likes [Zwift](#) and [TrainerRoad](#), check out our guide to the [best indoor training apps](#).

Best cycling apps for Tracking your rides

Strava

While you can use [Strava](#) like a cycle computer on your phone, most riders use a separate [GPS computer](#) to record and upload their rides and then use the app to see what their friends are up to.

All rides uploaded to Strava deliver automatic rankings of your times over popular stretches of road and trail – known as 'segments' in Strava-speak – along with a GPS map of where you rode.

The real-time feature, which tells you how fast you are tracking on a selected segment, such as the local hard climb, works on smartphones but also newer Garmin Edge and Wahoo computers, too.

Strava's special sauce, which separates it from its competitors, is the slick social component. Much like Facebook, you can follow friends and see where and how hard they're riding, leave comments and give kudos on their rides, as well as post photos of your own rides.

MapMyRide

MapMyRide is similar to CycleMeter, but benefits from the parent company's online history with route-mapping software.

The app is well-equipped for tracking not only rides but nutrition, weight and more, and can also get you to your destination.

The premium version includes training plans, more advanced routing options and live tracking that can be shared with family and friends. The premium version also ditches the advertisements you're stuck with on the free app.

Best cycling apps for Route Planning and Navigation Ride with GPS

Ride with GPS can plan routes in great detail, navigate and record your ride.

It's got a user-friendly interface that allows you to start recording with a single tap, and can even be used to navigate offline, which makes it extremely useful out in the sticks or on long rides where preserving battery power is important.

The route data provided is particularly helpful, with detailed elevation profiles that you can zoom in and out of, and see exactly where on the route the biggest climbs will be.

Want to share your rides in real time? The app lets you do just that, and it will even read comments aloud as you pedal. Not a bad thing to have when you need that last motivational push.

The free version allows you to create routes and record your rides, as well as set yourself goals. **There's a Basic subscription that gives you access to mobile app features like turn-by-turn navigation, live logging and offline mapping.** You can also publish ride reports.

The Premium version gives you all of this, plus advanced route editing, custom cue sheets, stationary bike support and private segments.

Bikemap

Bikemap is an iPhone and Android app that offers route planning, navigation, real-time updates and plenty more.

In our experience, it's a good alternative to Strava or Komoot for route planning and offers more for free, though both Strava and Komoot also have their own unique features.

The app's real-time updates allow you to alert other Bikemap users to problems encountered during a ride. It's not something we've found much use for, but might be more appealing to cyclists riding regularly in an urban environment.

Other features include an archive of more than seven million user-generated routes, route collections and in-app ride stats.

Most of Bikemap's features are free to use but there's also a Bikemap Premium service, which opens up additional mapping options, including cycling-friendly map layers and 3D views of your planned routes, as well as offline navigation.

Google Maps

Apple has done some amazing things in the world of tech, but it can't beat Google at mapping.

Just like you use your phone on the fly to find places, read a few reviews and then go to the one you select, you can use Google Maps to do this too – and get there on bike paths and bike-friendly routes.

Like any app, it's not foolproof, but in its category it's among the best there is. The audio turn-by-turn instructions are nice when riding, too; for riders who choose to ride with headphones, you can have your phone in your pocket and easily get where you need to be.

Komoot

While Google Maps is arguably the gold standard for dealing with navigation in general, it can sometimes come up a bit short for bike directions.

Komoot uses the open-source OpenStreetMap database and allows you to plan road, mountain bike and gravel rides as well as commutes. The big difference over Google Maps is in the routing, where Komoot tries to choose the most efficient route, taking into account how bike-friendly a road or path is, as well as your fitness.

Using a start and end point, Komoot will tell you the difficulty, fitness required, what road surfaces you'll come across and an elevation profile to boot.

Once you've started your route, it will give you speed, distance travelled, distance remaining and allows for easy on the fly route changes. You can also check out other route recommendations in your local area.

Komoot also features curated highlights, as suggested by local riders and Komoot ambassadors. These can be a great way to discover unknown gems in your local area.

Best cycling apps for Fitness

Wahoo Fitness

Perhaps the biggest draw of the Wahoo Fitness app is that it plays nicely with others.

It pairs easily with Bluetooth sensors, such as heart-rate monitors, speed sensors and progressive power meters, including Stages. (With a Wahoo Key plugin you can pair with ANT+ sensors, too.)

In a world where many companies guard your data in their ecosystems, Wahoo Fitness uploads to all the good sites – Strava, MapMyFitness, TrainingPeaks, MyFitnessPal – and, if you like, can push your data in your choice of five file formats via email or Dropbox.

If you're a data hound, you'll love the number-heavy presentation of the app, with eight customizable pages of data on speed, power, heart rate and more. Plus, there's a GPS map – though it burns through the battery pretty quickly.

TrainingPeaks

If you've ever had a cycling coach, you've probably used TrainingPeaks. Heck, even if you haven't had a coach you may have used TrainingPeaks.

For everyone from coaches and high-performance athletes, to data-hungry office-based crit enthusiasts, TrainingPeaks offers one of the most comprehensive tools for tracking fitness and fatigue.

However, it is not to be confused with a social network, navigation, or route-planning app, so **look elsewhere if that's what you're after.**

The app allows you to create and schedule workouts, or choose from a wide selection of training plans crafted by coaches such as Joe Friel and Frank Overton.

Cyclemeter

Cyclemeter turns your smartphone into a great cycling computer – **if you're down with putting** your phone on your handlebars, that is.

It's similar to Wahoo Fitness in its wealth of customizable options during the ride, but you also get a smorgasbord of post-ride analysis. Plus, you don't have to log into any site; the data stays on your device.

You can start/stop rides with your iPhone earphone remote button, too (if you choose to ride with headphones), and integrated Google Maps can assist you in unfamiliar areas.

Cyclemeter also plays nice with Strava, Facebook, Twitter and more, while importing and exporting routes is also easy.

Garmin Connect

Garmin Connect displays your vital health data and entries for easy viewing. Customize what you want to see, in the order you want to see it. You'll receive more detailed analysis, as well.

View weekly, monthly and yearly averages of health stats, historic tracking of your favorites activities and more.

Garmin Connect gives you all the tools you need to take your training to the next level. With Garmin Coach, you get customized workouts that adapt to your ability, personalized coaching advice and helpful articles and videos.

Whether you cycle, run, swim, kayak or lift weights... whatever you do, Garmin Connect can track it. The statistics recorded during each activity let you analyze your performance and improve on it next time.

Garmin Connect is better with friends. You can compete in step and distance challenges, create groups or cheer each other on with likes and comments. Our badge feature lets you earn badges for accomplishments and compare them with your friends.

Best apps for Mountain Biking

Trailforks

You're riding a new trail network, you've been out for a few hours, it's hot, you're tired and ready for a rest, when you come to a fork in the trail. You took a picture of the trail map near the car park, but you're not totally sure where you are, so you make a call and go left because you think the trailhead is in that direction. Turns out, you've picked the wrong one, and this trail takes you deeper into the forest – you're now a bit lost and try and backtrack to get home. It's in this situation that Trailforks comes to rescue.

Relying on crowd-sourced information, the app has more than 161,000 trails around the world and includes conditions reports, live tracking, and even points of interest, such as bike shops, in case you need a spare tube.

The maps are downloaded onto your device for offline use, so no worries if you lose reception. The app also has an emergency info function that will generate your exact GPS coordinates and the name of the nearest trail.

Viewranger

While Google Maps is great for roadies or finding your way to the trails, this mapping app is useful for mountain bikers who enjoy a bit of off-road exploring.

It's free to download and comes with a very usable and free OpenCycle base map of the entire world to release yourself from 'navigational uncertainty' whenever the need arises.

In addition, you can buy detailed large-scale topographical mapping for more than 20 countries. **The maps are stored on your phone and use your phone's GPS, so it doesn't need a signal or data connection to work.**

A cool feature is the Skyline VR, where the app uses your GPS location and phone camera to **show you the names of the peaks you're looking at.**

You can create and share your own routes in the app, download other people's tracks or just explore the riding around you. There's even a live tracking 'Buddy Beacon' function that allows you to share your ride with your adoring public or just selected friends, as well as seeing who's around you.

Steve Geary

Skinny Wheels, Skinny Tires, Skinny Arms



2021 Halloween Ride (Pub Roll)

Hosted by Gouly Meyer









HAPPY
HALLOWEEN

In Memory of Steven Craig Miller



West of Harlem on
The Old Plank
Road Trail







*"It's a Beautiful Day for
a Bike Ride" Bill Lang*

Bike Repair Stand
in New Lenox , do-
nated by JBC. Dedi-
cated to Bill Lang.





























The Stonehouse in Palos Forest Preserve. Often visited by hikers and cyclists. It's not uncommon to see people hanging out here warming themselves by the fireplace.

"JBC WILL BE 50 YEARS YOUNG IN 2022"

Please submit your Special Celebration Ideas???????



JBC Ride Definitions / Rules / Etiquette

SG - Show & Go - ride leaders, and distances can be decided at the ride

S - Social - Group stays together, rides at posted level, has ride leader.

Ride contacts are to be called for information about the ride.

All riders should plan to arrive at any scheduled ride at least 10 minutes before the scheduled departure time.

AD HOC RIDES

1. A non-calendar ride, via google groups email invite
2. 12 hour advance notice, e.g. Friday 8am ride invite sent by 8pm Thursday
3. Invite must include starting time, location and ride level (I-V)
4. Additional details about the ride can be shared too.
5. Miles are recorded as: AH/date/leader initials/miles/riders (in alpha form).
6. Use AD Hoc number assigned to the day of the ride
7. 2 riders minimum for in-state and out of state rides

Please send AD Hoc and regular miles to Bill Cihon at:
miles@jolietbicycleclub.com

Send invitational miles with Invitational Mileage Report in the subject line to Bill Cihon at: miles@jolietbicycleclub.com

LEVEL	MPH
I	10-12.4
II	12.5-15
III	15.1-18
IV	18.1-20
V	20.1+

Click this [link](#) to view the JBC Member Guide:



JBC Board and Committee Contacts

President, Rob Weiss
Phone: 630.910.5200

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Hunziker

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For invitational rides:
Place Invitational Mileage
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Reporting Miles, Ride List, Membership

Ride leaders or whomever is in charge for the ride should report miles for daily JBC rides listed on the calendar and for Ad Hoc Rides. Please send the Ride #, date, and list of riders in alphabetical order, and their miles to:

miles@jolietbicycleclub.com

Mileage reports should be sent within 3 days of the ride.

The JBC Ride List is published monthly on the JBC website.

<http://www.jolietbicycleclub.com/ride-calendar/>

All JBC Ad Hoc Rides are announced through JBC Google Groups emails.

Make sure you are signed up on JBC Google Groups to get all club announcements.

JBC annual dues are \$15.00

JBC Meeting Information

Regular JBC club meetings are at 7 pm on the 2nd Monday of the month. JBC holds meetings in Feb, March, April, May, June, Aug, Sept, Oct, Nov. Meeting locations and dates may change.



Joliet Bicycle Club

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